

# SAFETY MESSAGE

Personal Safety is our #1 priority



## Cold Weather Precautions, Compiled by USDA-APHIS-CCEP

**Wind chill** - the measure of how cold air feels to your body when the wind is taken into consideration. The faster the wind blows, the greater the body heat that is lost, and the colder it feels. It's wind chill that makes you feel cold, even in sunshine. Even light wind will make the body cool when it penetrates clothing.

### Be aware:

- Cold air can cause dry skin and loss of body fluid.
- Damp clothing causes the body to lose heat.

### When outdoors in the cold:

- Wear a hat or other head covering.
- Wear mittens or gloves.
- Wear water-resistant shoes.
- Stay dry and in wind protected areas.
- Wear multiple layers of loose-fitting clothes.
- Drink plenty of fluids.

### Tips:

- Hydrate your skin inside and out by drinking plenty of water (dehydration affects your ability to regulate your body temperature).
- Applying a moisturizer to skin to seal in moisture and help prevent heat loss.
- Eating a light snack rather than a big meal before going out means that less blood is diverted to the stomach to aid digestion and so more is available to circulate to fingers and toes.

**\*\*Remember to Dress Warmly and Stay Dry\*\***